

Dijon Ham and Pasta Salad

Be a salad pro! It's easy with Suddenly Salad® and a few extras in your cupboard.

1 package Betty Crocker® Suddenly Salad® classic pasta salad mix
3 tablespoons cold water
2 tablespoons vegetable oil
2 tablespoons Dijon mustard
1 cup cubed fully cooked ham
1 can (14 oz) artichoke hearts, drained and cut into fourths

1. Cook and drain pasta mix as directed on package. Rinse with cold water until chilled; drain.
2. In large bowl, stir together seasoning mix (from salad mix), water, oil and mustard. Stir in pasta, ham and artichokes. Toss with topping (from salad mix). Serve immediately, or cover and refrigerate up to 2 hours before serving.

1 Serving: Calories 360 (Calories from Fat 110); Total Fat 12g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 20mg; Sodium 120mg; Total Carbohydrate 37g (Dietary Fiber 6g; Sugars 6g); Protein 17g

% Daily Value: Vitamin A 0%; Vitamin C 15%; Calcium 8%; Iron 20%

Exchanges: 3 Starch; 1 Very Lean Meat; 2 Fat

Carbohydrate Choices: 3

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